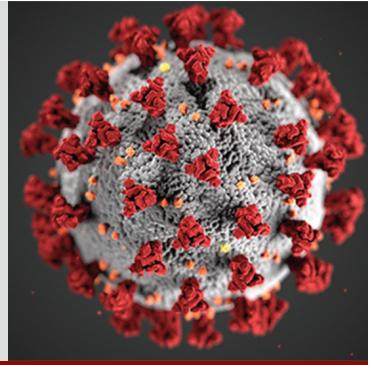


# COVID-19: Dib u Eegista Ilaalinta Neefsiga Shaqaalah



Qaraalkaan gaabani waa warqad gaabanbaa oo shaqaalahda daryeelka mudada dheer ah si ay markaa uga caawiso macluumaadka iyo halka laga heleyso caawimo.

## Xadidaada baahida neefsiga

Waxa aad badashaa qaabka daryeelka iyo nidaamka shaqada si aad u yarayso baahida ilaalinta neefsiga.

- Xadidaada tirada shaqaalahda ee bukaanka siinaya daryeelka tooska ah. Isku darista shaqada si markaa shaqaalahda ayna ugu baahan inay aad iskugu dhawaadaan.
- Iyada oo lagala tashanayo shaqaalahda caafimaadka, waxa aad isla eegtaan inaad gelisaan bukaanka COVID-19 xarun ay ku wada joogaan si loo yareeyo baahida shaqaalahda inay la shaqeeyaan bukaankan.
- Waxa aad samaysaa aag lagu diyaar garoobo bukaanka si markaa agabka iyo alaabta loogu keeni karo ama loo qaadi karo shaqaalahda iyada oo aan loo dhawaan.
- Waxa aad isticmaashaa daah ama waxyaabo kale oo markaa xadidaya faafitaanka xanuunka.
- Iisticmaal waxyaabo kale oo Agabka badbaadada shakhsii ahaaneed (Personal protective equipment, PPE) ah (ilaalinta indhaha, golofis, gacan gashad), gacmaha in la maydho, isticmaalo gacmo nadiifiyo oo markaa la sameeyo nidaam wanaagsan oo jeermiska lagu dilayo oo waa in la raaco digniinta caadiga ah.
- Waa in bukaanku ay xidhaan waji gashad aaga shaqaalahda ay isku soo dhawaanayaan.

## Waji Gashadka Neefsiga iyo Qaliinka N95

Shaqaalahda uga dhawaanaya lix fuudh qof dad looga shakisan yahay ama lagu xaqijiyay COVID-19 waxa ay ku jiraan khatarta ugu badan ee ah inay ka qaadaan dadka. Shaqaalahda waa inay qiimeeyaan xaaladan oo ay

isticmaalaan waji gashad. Laba nooc oo maaski ah ayaa caam ah oo la isticmaalaa xaaaladan.

Waji gashadka (sidoo kale loo yaqaan waji gashadka qaliinka) waxaa weeye marada wajiga la gashado, qaar ayaa gala wajiga iyaga oo aan markaa indhaha qarinin. Waxa ay dadka ka ilaaliyaan wixii hawada soo raaca marka ka qufaco, hindhisada, iyo marka la neefsado. Qofka gashada waxaa laga ilaaliyaa in wixii soo duuла ee hawada la socda marka la qufaco ama la hindhiso inay soo gaadho, laakiin kama ilaalinayso dhaska ka imanaya wixii daawayn ah ee keenaya urta, sida daawaynta buufinta.

Waji gashadka N95 waxaa loogu talo geley in uu qofka xidhan ka badbaadiyo dhaska qaar. Waji gashadkan waxaa lagu xidhaa wajiga oo markaa qofka ayaa gebi ahaanba ka dhax needsada kaas oo markaa ka sufeeyo wixii hawada la socda. Hadii la heli karo, waji gashadka N95 waxaa loo doorbidaa si shaqaaluhu ay u xaqijiyaa in laga ilaaliyo wixii sun ah ee hawada kusoo hadha. Waji gashadka N95 iyo waxyaabaha kale ee wajiga lagu xidhaa waxa weeye Hay'ada Qaran ee Caafimaadka iyo Badbaadada (National Institute for Occupational Safety and Health, NIOSH) ay ansixisa lambarka "TC" ee ku daabacan waji gashadka ama bushada uu ku jiro.

N95 waxaa weeye heerka ugu yara ee neefsiga hawada la sufeeyay, laakiin waxa la xaqijiyay inuu yahay mid wax badan ka tara xakamaynta faafitaanka COVID-19. Noocyada kale ee waji gashadka NIOSH ansixisay/neefsiga kaas oo markaa lagu bixiyo ilaalinta ugu badan oo waxaa loo isticmaali karaa oo uu badalayaa N95 neefsiga ah, sida:

- Qaababka kale ee lagu kala saaro kuwaas oo ah kuwa lagu qiimeeyay N99-N100, R95-R100, ama P95-P100.
- Waxaa jira mid kuwa qayb ama si dhamaystiran wajiga loo gashado N-, R-, or P-, 95, 99, ama 100 filterada ku xidhan ee caaga oo kale ah (elastomeric).



Waaxda Badqabka iyo Caafimaadka Shaqada



[www.Lni.wa.gov/safety-health](http://www.Lni.wa.gov/safety-health)  
(Kaliya Ingiriisi)



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- Nooca koofiyada ama koofiyada adag Agabka Sufeyya Wada La Neefsanayo (Powered Air-Purifying Respirators, PAPR) ee leh filterka P-100 (ama Sufeyye hawada oo aad u tayo sareeya [High-efficiency particulate air, HEPA]).

## **Khidad kale marka waji gashadka N95 aanu jirin**

Waji gashadka, sida waji gashadka jilcinta waji gashadka iyo waji gashad kale kaas oo markaa aanay ansixiin NIOSH lambarka "TC" kaas oo markaa loo adeegsan karo yaraynta wasakhsa la neefsanayo; laakiin, cida loo shaqeeyo waa inayna isku halayn waji gashadka shaqaalaha hadii la heli karo waji gashadka la ansixiyay NIOSH.

Marka ay xadidan yihiin NIOSH, shaqaaluhu waa inay raacaan tilmaamaha Xarunta Xakamaynta iyo Kahortaga Xanuunada (Centers for Disease Control and Prevention, CDC) si loo doorto ilaalinta neefsiga ee ugu wanaagsan ee lagu heli karo "caadiyan", "badal", iyo "mushkilada" xaalada ahi.

[www.cdc.gov/coronavirus/2019-ncov/hcp/respirators-strategy/crisis-alternate-strategies.html](http://www.cdc.gov/coronavirus/2019-ncov/hcp/respirators-strategy/crisis-alternate-strategies.html) (Kaliya Ingiriisi)

[www.cdc.gov/coronavirus/2019-ncov/hcp/checklist-n95-strategy.html](http://www.cdc.gov/coronavirus/2019-ncov/hcp/checklist-n95-strategy.html) (Kaliya Ingiriisi)

## **Waajibka iyo Istimalaalka Ikhtiyaarka ah ee Waji Gashadka**

Hadii ay jirto xaalad khatar yar oo faafitaan ah marka aan loo arkaynin in loo baahan yahay waji gashad, shaqaalaha waxaa laha dalbanayaa inay ikhtiyaar u istimalaalka waji gashadka. Dadka ikhtiyaarka u istimalaalka waxa ay istimalaali karaan nooc kale oo waji gashad ah hadii ay yar yihiin waji gashadka N95 iyo waji gashadka kale ee NIOSH ay ansixisay.

Kahor inta ayna shaqaaluhu istimalaalin waji gashadka N95 iskood, waa in la siiyaa macluuumaadka Xeerka Maamulka Washington (Washington Administration Code) 296-842-11005 Shaxda 2.

[www.Lni.wa.gov/safety-health/safety-rules/chapter-pdfs/WAC296-842.pdf#WAC\\_296\\_842\\_11005](http://www.Lni.wa.gov/safety-health/safety-rules/chapter-pdfs/WAC296-842.pdf#WAC_296_842_11005) (Kaliya Ingiriisi)

## **Barnaamijka Ilalinta Waji Gashadka**

Kahor inta aanad istimaa in shaqada, cida loo shaqaynayaa waa inay:

- Samee barnaamij ilalinta neefsiga oo qoran oo waxaa loogu talo geley maamulka barnaamijka.
  - [www.Lni.wa.gov/dA/d029304375/RespProtectguide2.doc](http://www.Lni.wa.gov/dA/d029304375/RespProtectguide2.doc) (Kaliya Ingiriisi)
- Waxa aad bixisa waji gashadka munaasabka ah sida waji gashadka N95, ee leh hayo sufeeyaha, ama caaga neefsiga.
- Waxad aad xaqiijisaa in aad istimalaasho kuwa caafimaad ahaan loo ogol yahay, oo waxa aad ku tobobartaa dadka sida saxda ah ee loo istimaaalayo. Qoraal: Xaaladan foojignaanta COVID-19, shaqaalaha

daryeelka caafimaadka ee loo arko in lagu tijaabiyay waji gashadka gaarka ah looma baahna in dib loogu baadho waji gashadka.

- U sheeg shaqaalaha inay isticmaalaan waji gashadka N95 iyo waji gashadka sida adag ugu xidhma dadka inay nadiif noqdaan oo la dhigo meel ay si wanaagsan ugu xidhmayaan wajiga oo ayna hawadu kasoo tafayn.
- Waxa aad raacdaa shuruudaha kale ee lagu sheegey sharciga WAC 296-842 si loo xaqiijiyoo si joogto ah, ilaalo lagu kalsoon yahay. [www.Lni.wa.gov/safety-health/safety-rules/rules-by-chapter/?chapter=842](http://www.Lni.wa.gov/safety-health/safety-rules/rules-by-chapter/?chapter=842) (Kaliya Ingiriisi)

## **Waxaa xadidan in dib loo isticmaalo waji gashadka N95 marka aad daryeeleyso bukaanka COVID-19**

Xadid dib u isticmaalka neefsiga N95 ayaa daruuri noqon karta. Laakiin, waa inaad ka taxadirtaa. Dib u isticmaalku waa in loo adeegsadaa tilmaamaha CDC.

[www.cdc.gov/niosh/topics/hcwcontrols/recommendedguidanceextuse.html](http://www.cdc.gov/niosh/topics/hcwcontrols/recommendedguidanceextuse.html) (Kaliya Ingiriisi)

Isticmaal khidad aad ku yaraynayso in caabuqa la kala qaado ee waji gashadka ah sida inaad isticmaasho maro wajiga ah oo nadiif ah (la doorbidayaa) ama waji gashadka qaliinka ee neefsiga N95 iyo/ama talaabooyinka kale (sida, waji gashadka bukaanka, isticmaalka xakamaynta farsamo), marka ay macquul tahay si markaa loo yareeyo wasakhda jeermiska meelaha dusha kaga yaala waji gashadka.

## **Khayraadka tobobarka:**

- [www.osha.gov/SLTC/respiratoryprotection/training\\_videos.html#video](http://www.osha.gov/SLTC/respiratoryprotection/training_videos.html#video) (Kaliya Ingiriisi)
- Nooca kowaad ee linkigan waa tobobar PowerPoint ah kaas oo markaa ah sida uu u sufeeyo hawada waji gashadku: [www.Lni.wa.gov/safety-health/safety-training-materials/training-kits#RespProtection](http://www.Lni.wa.gov/safety-health/safety-training-materials/training-kits#RespProtection) (Kaliya Ingiriisi)

## **Sidee ayay noqonaysaa hadii aan qabo Covid-19?**

- [www.cdc.gov/coronavirus/2019-ncov/healthcare-facilities/prevent-spread-in-long-term-care-facilities.html#cases-in-community](http://www.cdc.gov/coronavirus/2019-ncov/healthcare-facilities/prevent-spread-in-long-term-care-facilities.html#cases-in-community) (Kaliya Ingiriisi)

## **Caawimo doono**

Wixii latalin ah caafimaadka iyo amaanka ah oo bilaash ah qabo [www.Lni.wa.gov/SafetyConsultants](http://www.Lni.wa.gov/SafetyConsultants) (Kaliya Ingiriisi) ama la hadal 1-800-423-7233 ama booqo xafiiska L&I (Shaqada iyo Shaqaalaha) ee deegaankaaga.

*Marka la codsado, taageerada luqadda ajnabiga ah iyo qaababka dadka naafada ah waa la heli karaa. Wac 1-800-547-8367. Isticmaalayaasha TDD, ha la hadlaan 711. L&I waa loo shaqeeye fursad loo simanyahay.*